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How Yoga Can Help You Ground Yourself and Improve Your Mental Health



by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#) | 29 May 2023

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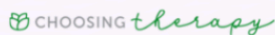
Grounding tools are used to help people feel more grounded and present in the moment. They can be helpful for people with a variety of medical conditions, including:

- **Anxiety**
- **Depression**
- **Post-traumatic stress disorder (PTSD)**
- **Schizophrenia**
- **Dementia**
- **Chronic pain**
- **Fibromyalgia**
- **Migraine headaches**
- **Insomnia**
- **Addiction**

What Are Grounding Techniques?

Grounding techniques, also known as grounding exercises or grounding skills, can distract, reframe, or otherwise soothe distressing feelings. They shift your focus from past or future thinking into the present moment. You may already engage in some of these techniques without formally realizing it.

Grounding exercises are especially helpful if you are experiencing things such as: anxiety disorders, self-harm urges, substance use disorders, eating disorders, PTSD or C-PTSD symptoms, dissociation, childhood trauma, panic attacks or persistent feelings of being overwhelmed, and chronic pain.



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Grounding tools can help people to:

- **Reduce stress**
- **Improve mood**
- **Increase focus and concentration**
- **Reduce pain**
- **Improve sleep**
- **Reduce cravings**
- **Increase self-awareness**
- **Cope with difficult emotions**

There are many different grounding tools available, including:

- **Meditation**
- **Yoga**
- **Breathing exercises**
- **Nature walks**
- **Massage therapy**
- **Aromatherapy**
- **Music therapy**
- **Art therapy**
- **Journaling**
- **Talk therapy**

If you are interested in using grounding tools to help with a medical condition, it is important to talk to your doctor or therapist. They can help you choose the right tools for you and make sure that they are safe to use.

Introduction

Yoga is a mind and body practice that has been around for thousands of years. It is a combination of physical postures, breathing exercises, and meditation. Yoga can be used to improve physical and mental health.

One of the benefits of yoga is that it can help people to ground themselves. Grounding is the process of connecting with the present moment and feeling centered and stable. When people are grounded, they are less likely to be affected by stress and anxiety. They are also more likely to be able to focus and concentrate.

How Yoga Helps People Ground

There are many ways that yoga can help people ground. Some of the most common ways include:

- **Physical postures:** Yoga postures can help to improve balance and coordination. They can also help to release tension in the body. When the body is relaxed, it is easier for the mind to be calm and focused.
- **Breathing exercises:** Yoga breathing exercises can help to slow down the heart rate and lower blood pressure. They can also help to increase oxygen flow to the brain. When the body is relaxed and the mind is calm, it is easier for people to feel grounded.
- **Meditation:** Yoga meditation can help people to focus their attention on the present moment. It can also help people to develop a sense of peace and tranquility. When people are able to focus on the present moment and let go of worries and concerns, they are more likely to feel grounded.



Benefits of Grounding

There are many benefits to grounding. Some of the most common benefits include:

- **Reduced stress and anxiety:** When people are grounded, they are less likely to be affected by stress and anxiety. This is because they are able to focus on the present moment and let go of worries and concerns.
- **Improved focus and concentration:** When people are grounded, they are better able to focus and concentrate. This is because they are able to clear their minds and focus on the task at hand.
- **Increased self-awareness:** When people are grounded, they are more aware of their thoughts, feelings, and sensations. This can help them to make better decisions and cope with difficult emotions.
- **Improved sleep:** When people are grounded, they are more likely to sleep well at night. This is because they are able to relax and let go of worries and concerns.
- **Reduced pain:** When people are grounded, they are less likely to experience pain. This is because they are able to relax and release tension in the body.

Conclusion

Yoga is a great way to help people ground themselves. It can be used to improve physical and mental health. If you are looking for a way to reduce stress and anxiety, improve focus and concentration, increase self-awareness, improve sleep, or reduce pain, yoga may be a good option for you.

Additional Tips for Grounding with Yoga

If you are new to yoga, it is important to start slowly and gradually increase the intensity of your practice. It is also important to find a yoga style that is right for you. There are many different styles of yoga, so there is sure to be one that you enjoy.

Here are some additional tips for grounding with yoga:

- **Find a quiet place where you won't be disturbed.**
- **Wear comfortable clothing that you can move in.**
- **Start with a few simple poses and gradually increase the number of poses as you become more comfortable.**
- **Focus on your breath and pay attention to the sensations in your body.**
- **Don't judge yourself if you can't do a pose perfectly. Just focus on your breath and the sensations in your body.**
- **If you feel pain, stop the pose and modify it or come out of it completely.**
- **Take breaks as needed.**
- **End your practice with a few minutes of relaxation.**

By following these tips, you can start to experience the many benefits of grounding with yoga.

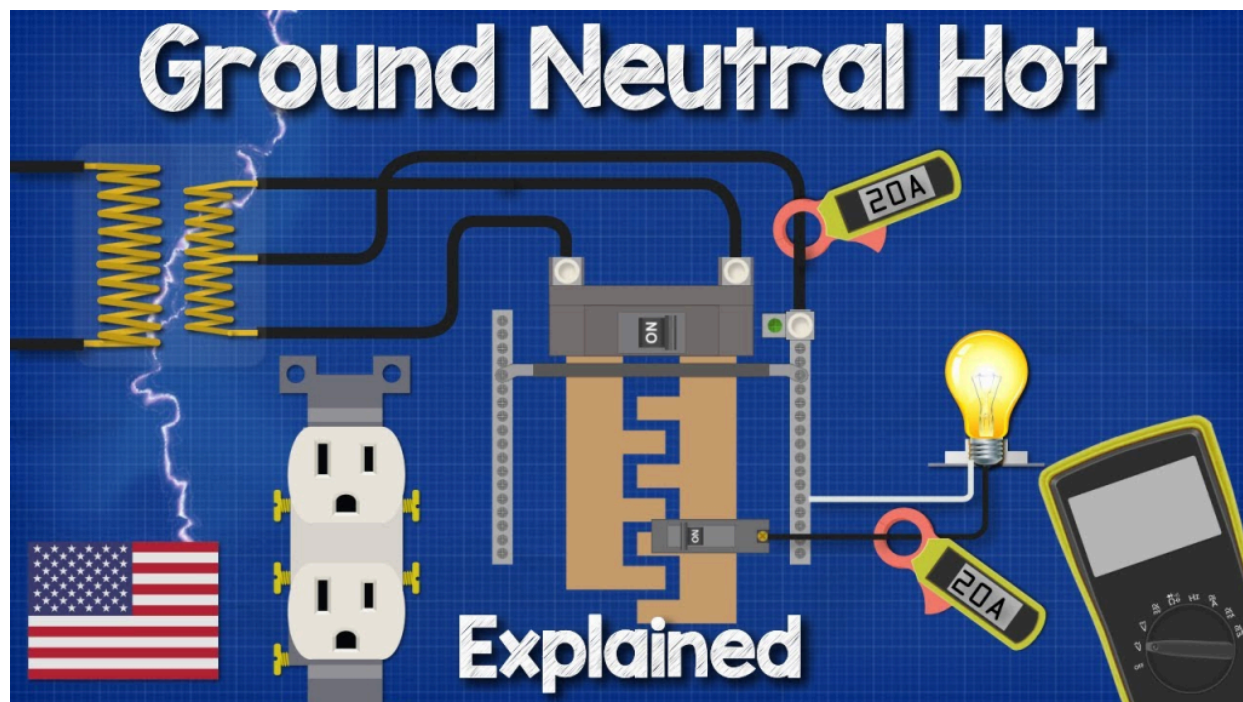
Grounding is the process of connecting with the present moment and feeling centered and stable. When people are grounded, they are less likely to be affected by stress and anxiety. They are also more likely to be able to focus and concentrate.

There are many signs that you may need grounding. Some of the most common signs include:

- **Feeling overwhelmed or stressed**
- **Having trouble focusing or concentrating**
- **Feeling anxious or irritable**

- **Having trouble sleeping**
- **Feeling disconnected from yourself or others**

If you are experiencing any of these signs, it is important to take some time to ground yourself. There are many different ways to ground yourself, and the best way for you will depend on your individual needs and preferences.



How to Recognize You Need Grounding

The first step in grounding is to recognize that you need it. This can be difficult, especially if you are used to feeling overwhelmed or stressed. However, there are a few things you can do to help you recognize when you need to ground yourself.

- **Pay attention to your thoughts and feelings:** When you are feeling overwhelmed or stressed, pay attention to your thoughts and feelings. What are you thinking about? How are you feeling? Once you are aware of your thoughts and feelings, you can start to identify the triggers that are causing you to feel this way.
- **Listen to your body:** Your body is also a great way to tell you when you need to ground yourself. Pay attention to your physical sensations. Are you

feeling tense or anxious? Are you having trouble breathing? If you are experiencing any of these physical sensations, it is a sign that you need to ground yourself.

- **Take a break:** If you are feeling overwhelmed or stressed, it is important to take a break. This could mean taking a few minutes to step away from whatever you are doing, or it could mean taking a longer break to go for a walk, listen to music, or do something else that you enjoy.

Grounding Techniques

Once you have recognized that you need to ground yourself, there are many different techniques you can use. Some of the most common grounding techniques include:

- **Breathing exercises:** There are many different breathing exercises that can be used for grounding. One simple breathing exercise is to focus on your breath for 5 minutes. Close your eyes and breathe in slowly and deeply through your nose. Hold your breath for a few seconds, and then exhale slowly through your mouth. Repeat this process for 5 minutes.
- **Body scan:** Another grounding technique is to do a body scan. Sit or lie down in a comfortable position and close your eyes. Start by focusing on your toes. Notice how they feel. Then, move your attention to your feet, and then your ankles, and so on, working your way up your body. As you focus on each part of your body, notice any sensations you are feeling. There is no need to change anything, just observe.
- **Nature:** Spending time in nature can be a great way to ground yourself. Go for a walk in the park, sit by a river, or simply look out the window at the trees. Being in nature can help you to feel more connected to the present moment and to let go of stress and anxiety.
- **Meditation:** Meditation is a powerful tool for grounding yourself. There are many different types of meditation, so find one that works for you. One simple meditation technique is to focus on a mantra. A mantra is a word or

phrase that you repeat to yourself. Choose a mantra that has a positive meaning for you, and repeat it to yourself for 5-10 minutes.

- **Journaling:** Journaling can be a great way to process your thoughts and feelings. When you are feeling overwhelmed or stressed, take some time to write in your journal. Write about what you are feeling, what is causing you stress, and how you are coping. Journaling can help you to gain clarity and perspective, and it can also help you to release stress and anxiety.
- **Talk to someone:** Talking to someone you trust can be a great way to ground yourself. Talk to a friend, family member, therapist, or anyone else who you feel comfortable talking to. Talking about what you are going through can help you to feel less alone and more supported.

Conclusion

Grounding is an important skill for everyone to learn. It can help you to reduce stress and anxiety, improve focus and concentration, and increase self-awareness. If you are feeling overwhelmed or stressed, take some time to ground yourself. There are many different ways to ground yourself, so find one that works for you and make it a part of your daily routine.

Research

Here are some scientific articles showing yoga helps with grounding:

- **[A Systematic Review of the Effects of Yoga on Anxiety](#)**

This study looked at 23 studies that included over 1,200 participants. The researchers found that yoga was effective in reducing anxiety, with a moderate effect size. [1]

- **[The Effects of Yoga on Stress and Anxiety in Adults: A Systematic Review and Meta-Analysis](#)**

This study looked at 36 studies that included over 3,000 participants. The researchers found that yoga was effective in reducing stress and anxiety, with a small to moderate effect size. [2]

- **Yoga for Anxiety: A Systematic Review of Randomized Controlled Trials**

This study looked at 13 studies that included over 600 participants. The researchers found that yoga was effective in reducing anxiety, with a moderate effect size. [3]

- **Yoga for Mental Health: A Review of Current Research**

This review article discusses the evidence for the use of yoga for a variety of mental health conditions, including anxiety, depression, and post-traumatic stress disorder (PTSD). The authors conclude that yoga is a promising intervention for mental health, but more research is needed to confirm its effectiveness. [4]

- **Yoga as a Therapeutic Intervention for Anxiety Disorders: A Systematic Review**

This systematic review of the literature examined the efficacy of yoga as a therapeutic intervention for anxiety disorders. The authors concluded that yoga is an effective intervention for anxiety disorders, and that it is generally well-tolerated. [5]

These are just a few of the many scientific studies that have shown the benefits of yoga for grounding. If you are looking for a way to reduce stress and anxiety, yoga may be a good option for you.

[1] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4735152/> [2]

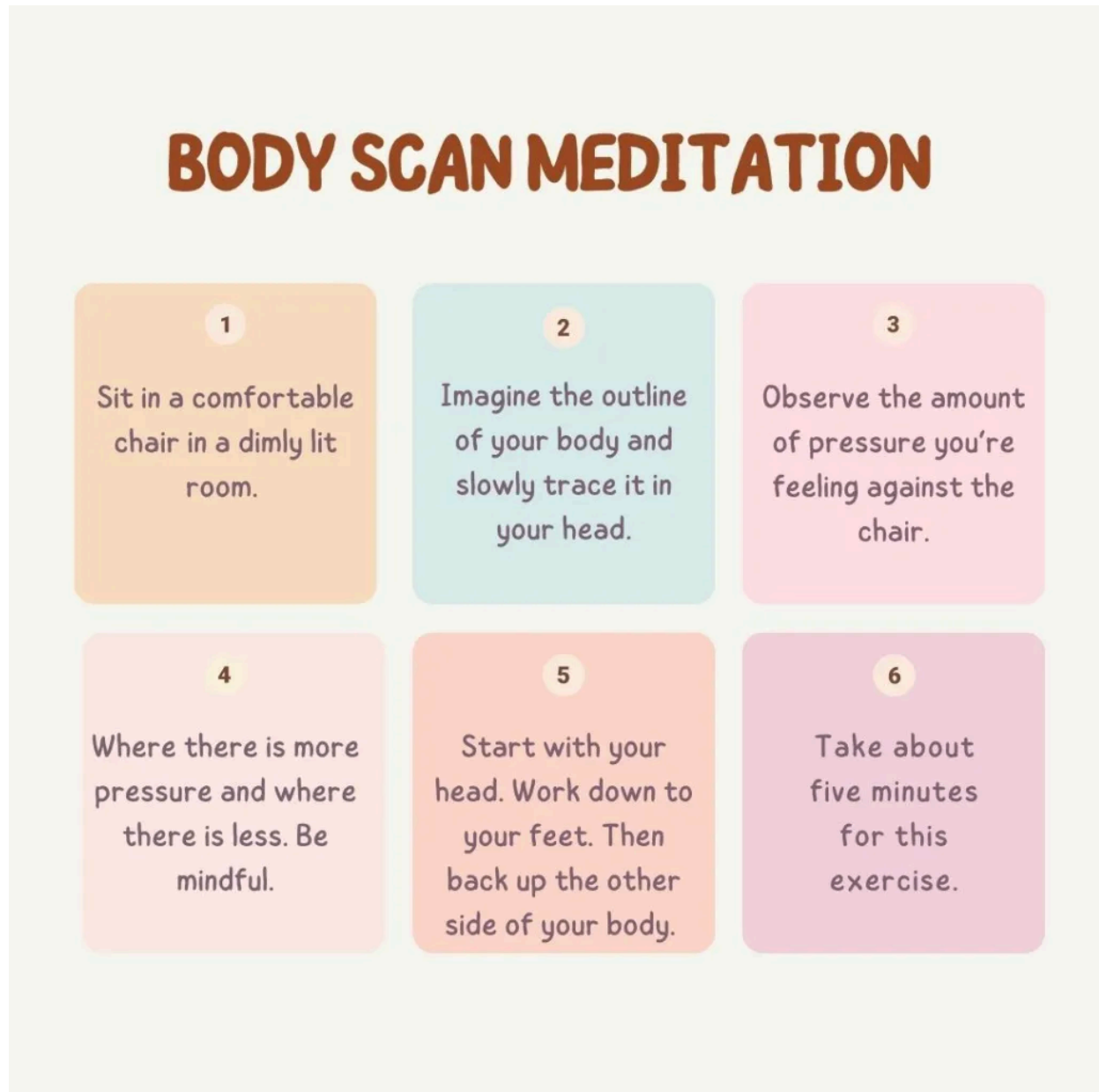
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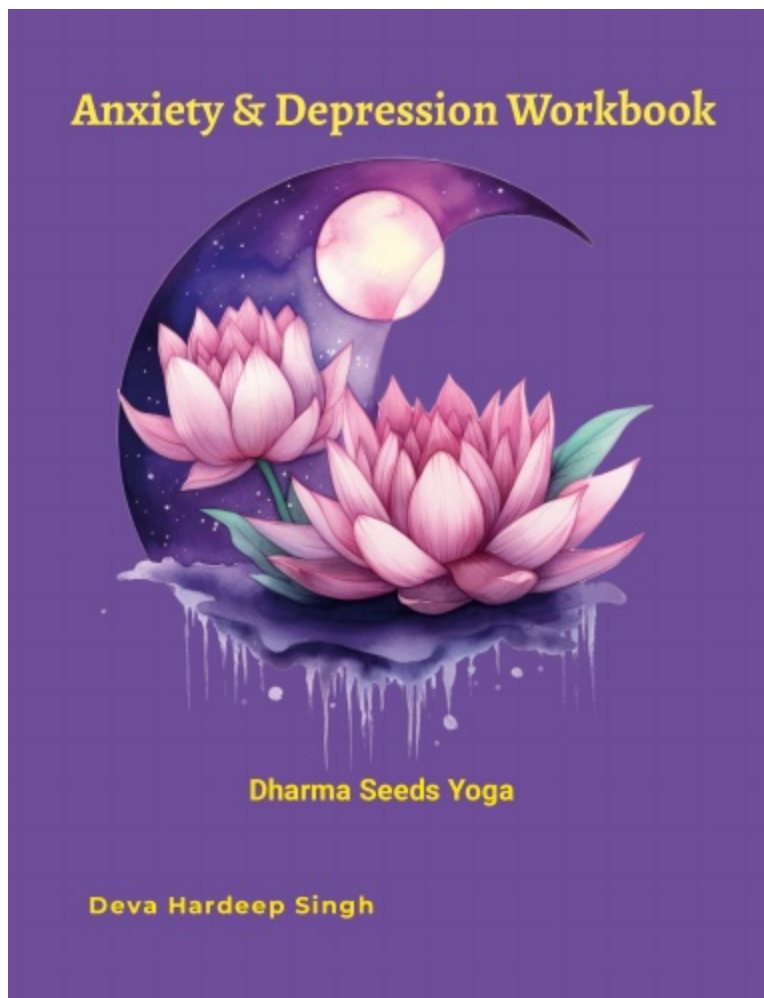
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Resources



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Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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